Student Success Centre
Learning Skills and Strategies

Saint Mary's University

The Pomodoro Technique

developed by Francesco Cirillo

The Pomodoro Technique is a time management tool to help you work productively by setting goals for a work period, working and taking breaks for set intervals, and keeping track of your progress.

1 Plan your tasks

- What do you want to accomplish? Write down your specific goals
- How much time do you expect it will take?

2 Set a timer and work for 25 minutes

- Consider using an app blocker or a Pomodoro-based game like Flora to reduce distractions

3 Record your progress

4 Set a timer to take a break for 5 minutes

5 Repeat steps 2-4

- Complete three to five rounds of study/work cycles

6 Take a longer break

- Assess your progress. How much have you completed? How does that align with your expectations? Take a break for at least 30 minutes. Then move on to another task or keep at it, starting from the top!

To learn more, book a one-on-one coaching appointment or attend a Learning Skills Workshop!
Visit www.smu.ca/studentsuccess
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